

American Profile



Good Ol' Boy of Mayberry

INSIDE:

- John Carmichael Jr. carves time in stone
- Memorial fund honors a beloved teacher
- Eggplant casserole

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Ask American Profile

Q I'm a big fan of *The District* with Craig T. Nelson. Each episode ends with a notation: "For Jack Maple, who lived it." Who was he?

—Maxine McNeese, Madison, Ind.



Actor Craig T. Nelson

Maple, a crusading, crime-busting New York City deputy police commissioner, was the inspiration behind Nelson's character on *The District*. He also was co-creator of the show and technical adviser until his death in 2001 of colon cancer.

Q I have been a fan of Clint Walker for years. He was in the TV series *Cheyenne* and made many movies. I heard someone was going to bring back many of his movies in a DVD collection. Can you give me any information?

—Al Dameron, Tehachapi, Calif.



Break out the popcorn and get ready for a Clint Walker marathon. While his many movies haven't been released as a collection (the rights to them are owned by a variety of studios, making that difficult), several are available separately on DVD, including *The Dirty Dozen*, *The White Buffalo*, *Deadly Harvest*, *Baker's Hawk*, *More Dead Than Alive* and *Pancho Villa*. Additionally, Warner Home Video released the first season of *Cheyenne* in 2005.

Q Whatever happened to the beautiful and talented Sheena Easton?

—R. Lane, Burlington, N.C.

The Scotland-born singer of the hits "Morning Train" and "For Your Eyes Only" still performs, but scaled back her schedule to raise her two adopted children, now 10 and 12. "When I decided to be a mom, I got off the make-a-record, go-on-tour schedule," says Easton, who lives in Las Vegas and now hits the road for one or two weekends a month. Married and divorced four times, she's "happily single" but notes "I wouldn't be upset if George Clooney happened to get a flat tire in front of my house and needed to come in and make a phone call."



Sheena Easton sang the '80s hit "Morning Train."

■ **Want to know more about a celebrity or public figure?**

Send your questions to:

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The volume of mail received prohibits us from giving personal replies—through e-mail or other means.

Wheel host Pat Sajak goes home to his wife and two kids.

Q I'd like to know more about the family of Pat Sajak from *Wheel of Fortune*.

—Doris Berningham, Gordon, Neb.

The *Wheel of Fortune* host and his wife of 16 years, Lesly, have two children. "My daughter, Maggie, is 11 and my son, Patrick, is 15," Sajak says. "When they were little, they didn't quite know that I even worked because I would say, 'I'm going taping,' and they probably thought I worked at the Scotch Company or something. Now they know, but we don't sit around watching the show on a regular basis, because they're doing their homework and things people do in their real life."

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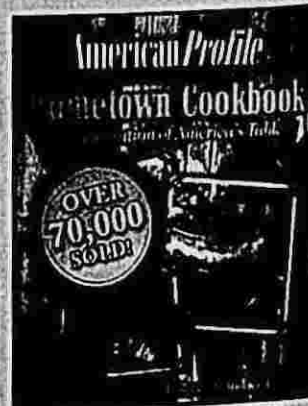
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Finance

by AMY GREEN

Drive Smart, Save Gas

Your parents were right.

Slow and steady is definitely the way to drive—not just for safety reasons—but to conserve fuel and save money.

So in these days of high gasoline prices, switching to a more fuel-efficient vehicle or public transportation aren't the only ways to reduce pain at the pump, says Philip Reed, consumer advice editor at *Edmunds.com*, an automotive consumer research website.

Reed was part of an Edmunds research team that put simple habits—such as driving the speed limit—to the test in 2005, and found that small changes in driving techniques can translate into big savings. These include:

- **Drive less aggressively.** Moderate driving techniques, such as avoiding rapid acceleration and hard breaking, can reduce fuel consumption up to 37 percent. These techniques also reduce wear on tires and brakes.
- **Slow down.** Driving the speed limit can reduce fuel costs by 14 percent.
- **Cruise along.** Use cruise control when you're on the open road, which eliminates frequent accelerating and braking and yields fuel savings of up to 14 percent. However, in mountainous areas, turn it off. A car uses more gas downshifting to lower gears as it tries to maintain the speed the driver set.
- **Avoid idling.** Turn off your vehicle when you're stuck in standstill traffic or waiting in a stagnant drive-through line. It's common sense. Idling means zero miles per gallon.
- **Maintenance.** Keeping a car well maintained also can improve its fuel efficiency. Periodic engine tune-ups and maintaining optimal tire pressure can pay for themselves in the long run.

Reed also recommends avoiding travel during peak traffic times to minimize stop-and-go driving. And check your owner's manual to see if the manufacturer recommends using high-grade gasoline. Don't pay for extra octane if your car runs efficiently without it. ☆

Amy Green is a freelance writer in Orlando, Fla.

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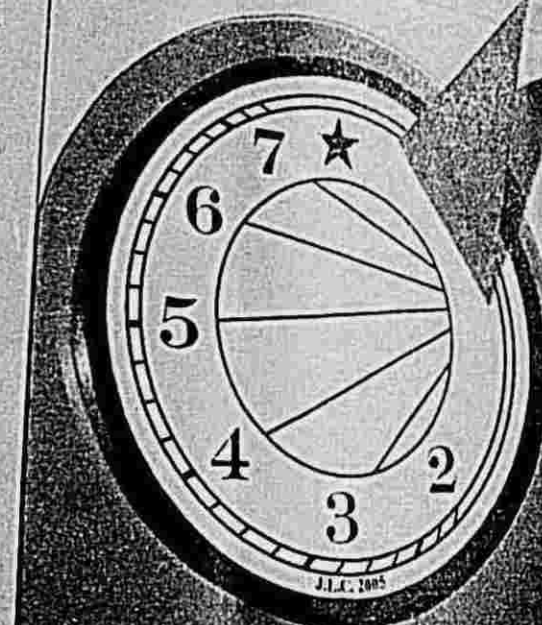
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Odd Jobs

by ALAN M. PETRILLO

Carving Time In Stone



John Carmichael Jr. stands on the roof of his Tucson, Ariz., home, which displays his handiwork—one-of-a-kind functional sundials.

John Carmichael Jr. lifts his safety glasses to study a cut he's made in a sandstone disc. Satisfied, he drops the glasses back in place and revs up his diamond-tipped drill to carve another part of the tan-hued stone he's transforming into a functional work of art.

Time is a specialty for Carmichael, the nation's only professional stone sundial maker. He began crafting the unique timepieces in 1992 after selling his plant nursery in Mexico City and moving to Tucson, Ariz. "A book on sundials from a friend got me

into this, so it's a classic case of a book changing your life," says Carmichael, 48, who's since created more than 100 sundials.

With no moving parts, a sundial's function is to track time using the sun and a gnomon, an object that casts a shadow on the sundial face. Some of Carmichael's creations also indicate the time of sunrise and sunset, as well as high noon.

Carmichael skillfully etches numbers on a stone sundial.

"Most sundials you see don't work because they're in the wrong location," says Carmichael, whose creations are accurate to within one minute. "They have to be designed for the latitude and longitude of where they are going

to be placed. All that requires math, but once you figure out that data, you put it into an equation and can develop a drawing of the sundial face. By knowing the latitude and longitude of where the sundial will reside, I can make a working sundial for anyone in the world."

Carmichael's craftsmanship can fetch as much as \$20,000 for a 15-foot-high outdoor sculpture sundial, while more manageable 26-inch stone pieces sell for \$3,500 or more, depending on the amount of etching required. A 26-inch sundial can take a month to create, while a larger piece may take half a year, depending on its complexity.

The actual cutting of the sundial face is a painstaking process. First, Carmichael uses a bladed cutting tool to fashion a piece of flagstone, sandstone, limestone, marble or slate into the shape he wants. Then he uses a diamond-tipped, motorized tool mounted above his worktable to cut lines, markings and etchings on the sundial's face. Finally, he attaches his own specially designed, thin-cable gnomon that casts a sharp, well-defined shadow on the timepiece.

While stone sundials are the lure that got him into making the ancient timepieces, he also crafts sundials made of stained glass, porcelain and bronze, and even paints them on walls.

What sets Carmichael sundials apart is that he engraves all the markings by hand. "His work is very artistic and well-done with sculptural elements," says Fred Sawyer, president of the North American

Sundial Society, based in Glastonbury, Conn. "He's shown it's still possible to make a living as a traditional sundial craftsman."

Sundials have a long history dating back to the Egyptian, Greek and Roman eras. They remain popular in England, France, Germany, Italy and Austria, as well as the United States.

Charles Hogan, a retired U.S. Air Force veteran in Park City, Utah, purchased a 36-inch sundial from Carmichael in 2004 for a military memorial he was building. "John was the only person I could find who could do everything we wanted," Hogan says. "He even engraved a large U.S. eagle on the face."

One of Carmichael's newest creations is an 8,000-pound, 4-inch thick granite sundial at Discovery Canyon School in Colorado Springs, Colo. The massive timepiece consists of two large slabs providing the time and the date.

"A sundial is the perfect combination of art and science," Carmichael says. "It's a piece of art that does something useful." ★

Alan M. Petrillo is a writer in Tucson, Ariz.

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George Lindsey
(center) with Andy
Griffith and Jim
Nabors, playing
Goobar on *The
Andy Griffith Show*

The Good Ol' Boy of Mayberry

Actor-comedian George Lindsey stands at center court in the gymnasium of Wilson High School in Florence, Ala., talking to several hundred students about his acting career during a visit back to his hometown. But it's Friday afternoon, just minutes before the end of the school week, and the students have become restless.

Suddenly, Lindsey, 71, "moon walks" across the gym floor in a flourish of youthful energy the kids clearly were not anticipating. Cheers and laughter erupt as Lindsey regains their focus.

Entertaining audiences is what Lindsey, better known as Goobar from *The Andy Griffith Show*, has been doing most of his life.

"I've always been funny," he says later. "I was voted 'Funniest Boy' in the senior class." Born in Jasper, Ala. (pop. 14,052), Lindsey also was a star high school football player and earned an athletic scholarship to the nearby University of Northern Alabama.

Bitten by the theater bug in college, he left Alabama in the early 1960s to study acting in New York, then headed to Hollywood, where he appeared in various small television parts before landing the role that would define his career. Lindsey portrayed Mayberry's dim-witted garage mechanic for more than 140 episodes of *The Andy Griffith Show* and its spinoff, *Mayberry R.F.D.*, from 1964 to 1971.

"He was a very kind, caring overachiever," Lindsey once explained of his Mayberry alter ego. "In a lot of the shows, he solved their problems in his own peculiar way."

Before TV, Lindsey was a star on the football field.



David M. Allen



Cutting up with country singer Tammy Wynette on TV's *Hee Haw*

Lindsey drew on his own small-town background for the role, but insists Goober was not simply a carbon copy of himself. "The writers created Goober," he says. "I just played him. Goober was the kind of character who'd walk into a restaurant and say, 'Great salt!' He had just a simpler way of looking at things."

Since 1992, Lindsey has lived in Nashville, Tenn., where his home is decorated to reflect his wacky sense of humor.

"I was at the mall shopping and there was this life-size mannequin of a girl posed like she was getting ready to dive," he says. "Well, I bought it. She's now in my kitchen."

Jim Clark, president of the Nashville-based *Andy Griffith* Rerun Watchers Club, comprised of more than 1,250 chapters around the country, attests to the eccentric decor. "George has his home decorated with mounted animal heads, which is not that unusual—until you notice they are all cross-eyed," Clark says.

Divorced since 1991, Lindsey has two grown children who still live in California. He appears about 75 dates a year in solo comedic

performances and as part of the Cornfield Country Show, featuring some of his fellow cast members from the TV series *Hee Haw*, on which he appeared from 1972 to 1992.

Lindsey also participates each spring in the George Lindsey Film Festival in Florence, which he began in 1998 as a showcase for independent filmmakers (this year's festival runs March 1-4; for more information, visit www.lindseyfilmfes.com online) and in his annual golf tournament, a fund-raiser for Special Olympics in Montgomery, Ala. Once an avid golfer, Lindsey has been forced to find a new hobby due to his health.

"I have neuropathy in my feet and can't walk the golf course anymore, so I have taken up a new form of recreation—finding restaurants," he says. He's sworn off meat—except for an occasional serving of meatloaf from a local Cracker Barrel restaurant—since a stroke in 1986.

But Lindsey continues to delight fans everywhere through his memories of a bumbling, fumbling garage mechanic—whose influence and popularity extend far beyond the city limits of fictitious Mayberry. "In Goober, George has created a true pop-culture icon," Clark says. "He helps us find that little—or maybe not so little—Goober in each of us." ☆

Andy Keenum is a writer in Florence, Ala.

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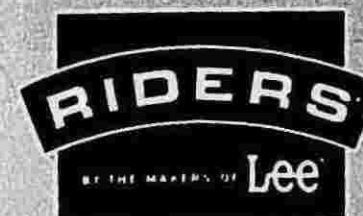
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Hometown Heroes

by JODI M. WEBB

Honoring a Beloved Teacher

During her 25 years as a third-grade teacher in Pottsville, Pa. (pop. 15,549), Karen Chattin-Ney not only taught more than 700 students reading, writing and arithmetic, she tried to instill the importance of helping others. So when Chattin-Ney died of cancer in December 1998, her family and friends wanted to carry on her legacy.

"Karen was really connected to kids," says Thomas Ney, Karen's widower.

In 1999, Ney joined Karen's parents and fellow teachers to create Karen's Heroes, a unique memorial fund that allows third-grade students to determine how money is allocated among charities. "The idea was that she would continue to teach them," Ney says.

Each year, five nonprofit organizations that promote causes that were important to Karen are selected to make presentations to third-graders at Pottsville's John S.

Clarke Elementary School, where she once taught. The children "soak it all up," says Stacey Murphy, executive director of the Literacy Council of Schuylkill County. "They have tons of questions."

During her presentation, kids quizzed Murphy on everything from why adults can't read to what the literacy council will do with the money and what type of books will be bought.

After a week of learning more about the roles and needs of each organization, about 200 students cast their votes on how to award the money. "I voted for the Cancer Society, but I wasn't gonna," says Kyra Varano, 9. "Then they showed me how people die and I thought maybe they need it more than Porcupine Pat (Pat McKinney, a representative for the Schuylkill County Conservancy)."

If you ask the young philanthropists what impact their decision will have, they're quick to

explain. "Medicine to help people with cancer get better," says Autumn Minnich, 9, who voted for the American Cancer Society.

"Buy new land, land you can't hunt on but you can camp there, swim there," says student Kevin Hampford, voting for the Schuylkill County Conservancy.

The kids' big decision often becomes the subject of dinner table conversations. "I talked with my parents," says student Sarah Comisac, 9. "They had

Students Kyra Varano, Autumn Minnich, Sarah Comisac and Kevin Hampford are carrying on teacher Karen Chattin-Ney's charitable legacy thanks to Karen's Heroes, a memorial fund co-founded by her parents Joan and Joe Chattin (pictured right).



Heroes' namesake Karen Chattin-Ney



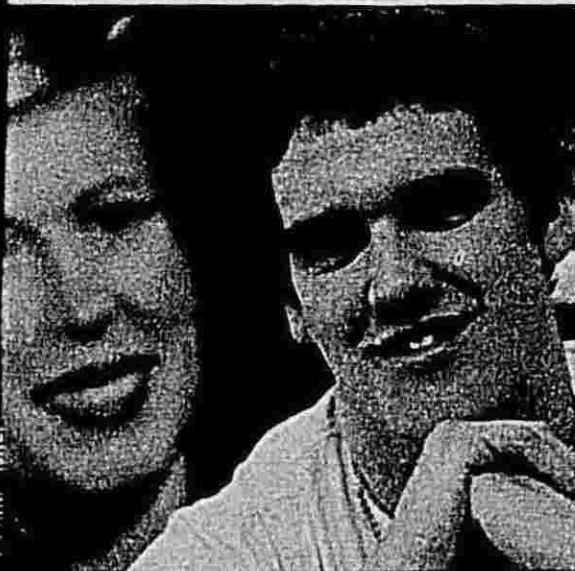
A school plaque honors the former Pottsville, Pa., teacher.

ideas about cancer because my mom's a nurse, but I voted for that birthday one." Tomisac was referring to Lasting Legacy, an organization to celebrate Pottsville's bicentennial.

Joanne Horvath says her daughter Elise, who participated in Karen's Heroes in 2005, learned a valuable lesson. "For Elise, the excitement was evaluating and deciding which charity to vote for," Horvath says. "The opportunity allowed her to really understand how one person's voice, one person's action could change things."

As they discussed her daughter's decision, Horvath found herself talking about democracy and the importance of voting in political elections. "It became a building block for what happens in the real world," she says.

In this election, however, everyone is a winner. With an annual award of \$1,500 divided among the organizations, each vote is worth \$750. Last year's funds were distributed to the Schuylkill County Conservancy (\$480), American Cancer Society (\$435), Lasting Legacy (\$405), Pottsville Soup Kitchen (\$105) and the Literacy Council for Schuylkill County (\$75).



Mike Pavelko fondly recalls his former teacher.

Mike Pavelko, 17, was in the last third-grade class taught by Chatten-Ney. He says Karen's Heroes is a fitting tribute to a teacher he fondly remembers. "Even when we weren't in her classroom she never forgot about us," says Pavelko, now a senior at Pottsville High School. "It's like we were still in her heart."

Thanks to Karen's Heroes, the spirit of Karen Chatten-Ney will continue to live in the hearts of students, teaching them valuable lessons for years to come. ☆

Jodi M. Webb is a writer in Pottsville, Pa.

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INDIANA—Donna, the world's oldest hippopotamus in captivity, celebrated her 55th birthday in July at Evansville's Mesker Park Zoo and Botanic Garden.

IOWA—Since 1926, the Maasdam family has been growing sweet sorghum cane and making sorghum syrup at Maasdam Sorghum Mill near Lynnvile (pop. 366). The mill produces 8,000 to 12,000 gallons of syrup each year, and a 1940s steam engine operates the equipment.

KANSAS—Known as the world's greatest meteorite hunter, Harvey H. Nininger, born in 1887 in Conway Springs (pop. 1,322), amassed a vast collection of space rocks and opened the world's first meteorite museum in 1946 near Meteor Crater in Winslow, Ariz. (pop. 9,520).

MICHIGAN—One of the most influential labor leaders of the 20th century, Walter P. Reuther, moved

to Detroit in the mid-1920s and served as president of the United Auto Workers from 1946 to 1970, helping develop the workingman's benefits package, from health care to pensions.

MINNESOTA—Opened in 2002, The Museum of Russian Art in Minneapolis is the only U.S. museum dedicated solely to Russian art from the Soviet era, 1921 to 1991.

MISSOURI—One of the nation's top radio programming executives, Les Garland, co-founded the popular music channels MTV and VH1, and most recently The Tube Music Network, a music channel accessible to people with digital TV tuners. Garland grew up in Springfield.

NEBRASKA—Built in 1928 by local businessmen, the Arrow Hotel in Broken Bow (pop. 3,491) remains an important local gathering spot. The elegant renovated hotel, with its pub and cigar room, offers a taste of the Old West.

NORTH DAKOTA—Named the state's poet laureate in 1995, Larry Woiwode is acclaimed

for his eight novels and for short stories and poetry published in *The Atlantic*, *Harpers*, *Paris Review*, *The New Yorker* and other magazines. The award-winning writer lives near Mott (pop. 808).

OHIO—Malabar Farm State Park in Richland County was the home of Pulitzer Prize-winning author and conservationist Louis Bromfield, and served as a retreat for Hollywood stars in the 1940s and '50s. The park preserves a 32-room country home, barn, hiking trails and fishing ponds.

SOUTH DAKOTA—A 60-foot-tall bull's head sculpture created by Wayne Porter looms at Porter Sculpture Park along Interstate 90 near Montrose (pop. 460). The blacksmith-artist welded a field full of whimsical iron sculptures, including vultures and a giant pink rocking horse.

WISCONSIN—The "Toilet Paper Capital of the World" is Green Bay, home to the Quilted Northern brand. In 1901, Northern Paper Co. produced its first tissue. Named Northern Tissue in 1902, the product became splinter-free in the 1930s, two-ply in the 1960s and quilted in the 1990s. ★

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An exceptional value. Begin your illuminated On30 scale train set—that runs on HO gauge track—with the "McDonald's 50th Anniversary Express" Steam Locomotive and Tender. You will be billed the first of three easy payments of \$23.31* before it is sent. Soon, you can look forward to adding coordinating McDonald's 50th Anniversary Express passenger cars including the **FREE** tracks and power-pack! They will be billed separately each at the same attractive price and sent about one every other month. You can cancel at any time simply by notifying us.

Satisfaction guaranteed. Act now. This is a limited-time offer and strong demand from the legions of McDonald's fans is expected. You need send no money now. Just complete and mail the coupon today.

McDonald's® 50th ANNIVERSARY EXPRESS

- The first-ever illuminated collectible train set officially licensed by the McDonald's Corporation
- Beautifully decorated with classic, full-color advertising artwork and icons representing 50 years of McDonald's rich history
- Power-pack and nickel silver E-Z Track® elevated roadbed—enough for a 56" x 38" oval—absolutely **FREE**—a \$70 value

FREE tracks and power-pack—\$70 value!

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Limited-time Offer—Please Respond Promptly

Yes! Please enter my order for the McDonald's® 50th Anniversary Express illuminated electric On30 scale train set, beginning with the "Steam Locomotive & Tender" as described in this announcement. I need **SEND NO MONEY NOW.**

Certificate of Authenticity and
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Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

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* Plus \$8.99 shipping and service. All sales subject to acceptance and product availability. Please allow 4-6 weeks for delivery.



A precision-detailed train set inspired by the rich history of the world's favorite restaurant ... McDonald's!

collectiblestoday.com
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Hometown Recipes

from LAJUAN THOMPSON

Eggplant Casserole

"When my husband planted eggplants for the first time several years ago, we had no idea how prolific they could be. We shared with neighbors, but still had an abundance of the pretty purple vegetables. This eggplant recipe is the one my family likes the best." ☆

Search Our Recipe Database!

Our new online recipe database has over 500 more Hometown Recipes organized by category and keywords. Just log on to AmericanProfile.com and click on Recipes.

AmericanProfile.com

RECIPE: Eggplant Casserole

AmericanProfile

Lajuan Thompson
Washington, Ark.



Photo: High Cotton Food Styling & Photography

Eggplant Casserole

- 1 pound eggplant, peeled and diced
- 3 medium onions, chopped
- 1 egg, beaten
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 2 tablespoons butter, softened
- 1 cup sour cream
- 1 cup grated cheese (your choice)
- 1 cup Ritz cracker crumbs

1. Combine eggplant and onion in a medium saucepan. Add water to a depth of 1 inch. Bring to a boil, reduce heat and simmer until eggplant is tender. Drain.
2. Combine egg and eggplant mixture in a large bowl. Add salt, pepper and butter and mix well.
3. Mix sour cream and cheese in a small bowl.
4. Spoon half the eggplant mixture into the dish. Add half the cheese mixture on top. Repeat layers. Top with cracker crumbs. Bake 45 minutes.

Tips From Our Test Kitchen:

For the cheese layers, try the mellow flavors of provolone or mozzarella or add some kick with pepper Jack.

Double Angel's Trumpet is spectacular in bloom! The unique deep purple and white blooms are set inside one another to give you double the beauty. The dark green heart-shaped foliage sets off the gracefully swirled buds that will bloom nonstop all summer to frost. Very easy to grow, just keep well watered and fed and you will have a heavenly addition to your garden or patio. Grows 2-3' tall in full sun. Bring indoors for the winter. Potted plants.

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Please send me the plants I have selected below to arrive at the best spring planting time. If I'm not satisfied, I can notify you anytime for a full refund or replacement, my choice.

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Shipping & Handling		\$1.95
Sales Tax: IN 6%; MO 6.225%; OH 6.5%; PA 6% or applicable local taxes for these states.		
Please add up your Order Total		TOTAL

MR. MRS. MS. MISS

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"I got my life back and my husband got his wife back."

Amy was in trouble. For the first time in her life she couldn't lose weight. She tried self-dieting and exercise but the results never came and it made her depressed. Her poor self-esteem was hurting her relationships with her friends, her daughter and her husband. Finally, she turned to NutriSystem and got the help she desperately needed.

Like a lot of women, after giving birth to my daughter Courtney I gained a lot of weight. And I just couldn't seem to shed those unwanted pounds. I was so upset about how I looked and felt that it was beginning to hurt my marriage.

You see, I just wasn't the person who I wanted to be. I was depressed, angry and sad about what had become of my body. I was so ashamed of how I looked I didn't want my husband to touch me!

I knew I had to lose weight. I tried self-dieting. That didn't work. I tried exercising. I only lost 3 pounds in 6 weeks.

Then I tried NutriSystem. Lost 33 pounds.* And went from a size 12 to a size 2!

I remember the night that saved my marriage.

I was watching TV with my husband Brad—he was on one side of the couch, I was at the far end. All of a sudden a NutriSystem commercial came on the air. I was stunned when I saw real people like me who lost real weight on the program. In the back of my mind I thought; "If they could do it, then I bet I could, too." But I didn't say anything. I didn't want to bring up the fact that I felt fat and miserable. I was embarrassed.

Then something magical happened.

My husband turned to me and said, "Honey, I know you have been frustrated about not losing the weight since Courtney was born. Would you like to try NutriSystem?"

Suddenly everything changed. All of a sudden I had hope. "Yes," I said, smiling for the first time in a long time. So we made the call.



"Yup, I ate lasagna and am now a size 2!"

Right from the start NutriSystem was SO easy!

They even delivered the food right to my door. I got 28 breakfasts. 28 lunches. 28 dinners. And 28 desserts. Plus! They didn't even charge me for shipping.

Oh, yes. The food was so good. It was amazing. Each week I sorted it all out. Picking out what I wanted to eat each day was really, really fun. NutriSystem did all the work for me. They made it a no-brainer system that I could really work with.

NutriSystem was so simple. It was as easy as heating up the foods in the microwave. In less than two minutes I could feed myself while I was feeding Courtney.

This program is a carb lover's dream come true.

I admit it. I am a huge carb addict. And the NutriSystem foods were right up my alley. I loved eating the pizza. The lasagna. The chocolate. Gosh! NutriSystem actually let me eat chocolate EVERY day. What kind of diet lets you do that?

With NutriSystem you don't have count carbs or calories or anything. You don't have to starve yourself—in fact, I was eating five times a day and I still lost weight! And I didn't have to drive to a weight loss center. Best of all, I didn't have to get on the scale in front of all those strangers. The thought of it just petrifies me.

Trust me. I haven't been this size since I was a teenager!

To me, it's clear that NutriSystem is the best weight loss program. Period. It's easy. It's convenient. It's delicious. And it works. I started losing weight that very first week. I lost 33 pounds* on the program and I feel great.

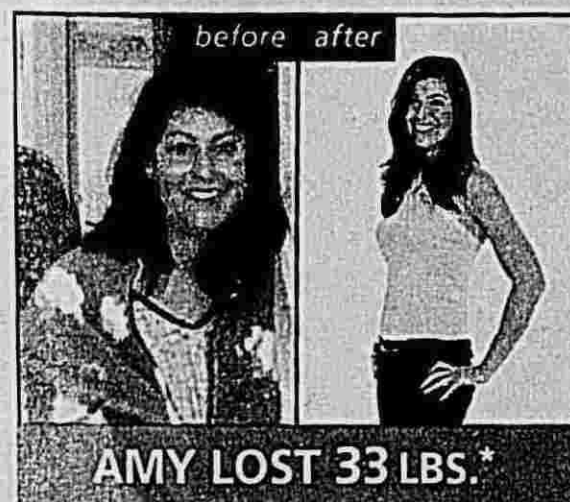
I'm finally the mother I always knew I could be.

When I was overweight, I avoided getting on the floor with my daughter because I thought it would be too hard to get up. Now I can get on the floor with Courtney and play. I'm the mother I've always wanted to be.

And what's more? Well, this is the first time in a long time I can put on a swimsuit and not feel self-conscious about my body.

NutriSystem turned my marriage around.

As the pounds melted away I saw my



"Look at me—I'm a size 2! I NEVER thought I'd wear a bikini again. Thanks to NutriSystem I feel so much better about my body and myself."

confidence return. And my husband was so great. He kept encouraging me and telling me how great I looked and how happy I was becoming.

As my confidence and happiness returned so did the intimacy that was dormant for so long. Now we laugh together. Hold hands. And kiss. We kiss a lot.

One day we were going for a walk and I stopped and said to him, "You know, I'm really glad you suggested going on this program. Thanks to NutriSystem, I got my life back."

And Brad looked at me and said, "I got my wife back."

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*Results not typical. All other weight loss claims are based on an independent survey of NutriSystem clients who stayed on program for an average of 12 weeks. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.

THE MOST IMPORTANT DECISIONS START WITH THE MOST IMPORTANT PEOPLE.



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Private Matthew Bryan
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